



Efficient Heart Rate Training

Cyril Godefroy

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Did you know how much you can benefit from a heart rate measure to better train for running? Even if you are just beginning?

Heart rate training is the best way to know your effort, measure it, know your body and improve your health and well being. Wether you are looking for weight loss or to improve your fitness, it will help you understand where you are, where you need to go, and how you can improve.

This ebook goes into the scientific knowledge that supports heart rate training and explains in common language these facts. It helps you test yourself and define your goals in simple, understandable words. It provides you with the essential knowledge to be able to start planning a regular fitness exercise, improve immediately your current training, and feel better with a few exercises.

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